



RESOURCE EXHIBITORS

AARP Washington
Aging and Disability Services Administration
Alzheimer's Association, Western and Central WA Chapter
Alzheimer's Disease Research Center
Armstrong In-home Personal Care and Respite Services
At Home Care, LLC
CareForce
Catholic Community Services
Comfort Keepers
Daystar and Village Green Retirement
ElderHealth Northwest
ElderMove Alliance
Genworth Financial
Good Samaritan Community Services, Older Adult Services
Good Samaritan Home Health and Hospice
Highline Specialty Center, Highline Community Hospital

CONFERENCE LOCATION:

Tukwila Community Center, Tukwila, Washington. The center is approximately one mile off I-5, exit #156, and five miles from SeaTac Airport. Detailed directions will be mailed with your confirmation. Special room rates and free shuttle service to the conference center are available at the SeaTac Area Courtyard by Marriott for overnight guests. The reduced rates will be offered until two weeks prior to the conference. For reservations, please call the Courtyard by Marriott at 1-800-321-2211. Tell the reservations desk you are attending the Caregiver Conference. Major resources and funding for this conference are provided by AARP Washington, Aging and Disability Services Administration, and ElderHealth Northwest. We gratefully acknowledge the contributions and efforts of our many cosponsoring organizations and resource exhibitors, listed above.



Aging & Disability Services Administration
P.O. Box 45600
Olympia, WA 98504-5600

Home Care Associates, Jewish Family Service
Home Care Quality Authority
Homewatch Caregivers
Incontinent Solutions, Inc.
Korean Women's Association (KWA)
National MS Society–Greater WA Chapter
Noridian
Normandy Mortgage
Pierce County Human Services
Senior Resources Care Services, Inc.
Senior Services of Seattle-King County
Shield Healthcare
Soundview Medical Supply
The Arc of Washington State Senior Family Project
Visiting Nurse Services of the Northwest
Wheelchair Haven
With a Little Help, Inc.

Who Should Attend:

- ◆ Family caregivers caring for an adult or senior with chronic illness or disability
- ◆ Adult children concerned about aging parents
- ◆ Parents caring for adult children with disabilities
- ◆ In-home caregivers; Chore, Respite, Personal Care or COPES workers, Individual Providers, Home Health or Home Care staff
- ◆ Adult Family Home Providers
- ◆ Assisted Living staff
- ◆ Adult Day Care staff
- ◆ Health or social service professionals
- ◆ interested in caregiving issues

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Challenges In Caregiving: Giving Care, Taking Care

CONFERENCE HOSTS



CONTRIBUTORS

Korean Women's Association

Mental Health Division, DSHS

The Arc of Washington State Senior Family Project

A Conference for Caregivers

June 6, 2005

Tukwila Community Center
Tukwila, Washington



Challenges in Caregiving: Giving Care, Taking Care

In this country, over eighty percent of all long-term care for older adults, or adults with disabilities, is provided in the community by family caregivers. Family and other caregivers need information and access to quality training to support them in their caregiving role.

This conference offers the community caregiver practical, up-to-date resources and skills to help them in their responsibilities. Dynamic speakers from a variety of backgrounds, including nursing, social work, pharmacy and law, will share their expertise and knowledge.

The Conference Plan

Twenty sessions, designed for family and paid home caregivers, are offered during the day. The curriculum is designed so that caregivers can choose the sessions they most need in their own situation.

A Resource and Information Exhibit will be open from 8:00AM–3:00PM. The Exhibit will include displays of products and helpful literature to enable the caregiver at home. Representatives from major health and social service organizations will be available to provide up-to-date information and problem-solving opportunities.

A reception for attendees, speakers and resource exhibitors is scheduled at 4:00PM. Join us for refreshments, door prizes and discussion.

Accommodations for People with Disabilities

The conference site is wheelchair accessible. Individuals who need reasonable accommodations (e.g., special seating, listening devices, etc.) should indicate the type of assistance needed on the registration form and mail by May 23, 2005. Conference staff will contact individuals and assist in making necessary arrangements.

Respite Care and Transportation

If family caregivers need help locating respite care for the impaired individual in order to attend this conference, they should mark the appropriate box on the registration form and mail *no later than May 23*. Conference staff will contact family caregivers to assist them in arranging respite care services.

Limited transportation is available for Pierce County Caregivers to/from the conference site. To reserve your space, call Transpro, Inc. at 253-476-8726, ext. 221 and ask about the Caregiver Conference.

Registration Information

Register Early: *Space is limited!* Registrations are accepted on a *first come, first serve basis*. Those registering before May 23rd are eligible for the early registration fee listed below. Registration after that date is available as space allows. There will be no registration the day of the conference.

Registration Fee: Those who register before the preregistration deadline of May 23 are eligible for the early registration fee of \$25 for individual caregivers and \$50 for agency-based caregivers. These fees increase by \$5 after May 23. Scholarships are available, on a limited basis, for *unpaid* family caregivers.

Confirmation: A written confirmation with directions will be mailed for registrations received by May 23, 2005. If you haven’t received your confirmation letter by May 31, please call 360-725-2544 or 800-422-3263. Please bring your confirmation letter along to simplify registration.

Group Registrations: Please register each individual attending the conference on a separate registration form. Registration forms may be photocopied as needed. Payment may be combined and attached to multiple registration forms stapled together. Be sure to indicate the agency name on the form and the check. If your agency is registering for you, please respond early to allow time for the check and registration to be sent BEFORE the registration deadline to avoid disappointment!

Cancellation: Fee is refundable if request is made by May 23, 2005. No refunds after this date.

Continuing Education Hours

Those attending can receive certificates documenting five hours of training. This conference counts toward required continuing education (CE) hours for adult family home and boarding home caregivers. Individual providers and home care workers may be able to receive credit but should check with their Area Agency on Aging to see if it has been approved for CE in their area.

You must preregister. No registration will be possible at the conference.

Challenges in Caregiving Registration Form

Monday, June 6, 2005 • Tukwila, Washington • Preregister by May 23, 2005

Please register only one person per registration form. Photocopy form for additional attendees.

Name _____ Phone _____

Agency _____

Address ☐ Work ☐ Home _____

City/State/Zip _____

What county do you live in? _____

★ Please check the appropriate boxes below. Registration Fee includes box lunch, all workshops and reception.

I am an individual caregiver: _____ **\$ 25 fee before May 23/\$30 after** _____

☐ Family Caregiver (unpaid) ☐ Adult Family Home Provider

☐ Volunteer Caregiver ☐ COPES Individual Provider

☐ Chore/Medicaid Individual Provider (not working for an agency)

I work for an agency as: _____ **\$ 50 fee before May 23/\$55 after** _____

☐ Home Health Aide ☐ Respite Worker

☐ Chore, COPES or Medicaid Personal Care Aide ☐ Adult Day Care staff

☐ Assisted Living/Boarding Home staff ☐ Geriatric Mental Health Specialist

☐ Other social services or health professional

Circle your workshop choice for each time period. If you aren't sure, please make your best guess!

Session A (10:45AM–Noon)	A1	A2	A3	A4	A5	A6
Session B (1:15–2:30PM)	B1	B2	B3	B4	B5	B6
Session C (2:45–4:00PM)	C1	C2	C3	C4	C5	C6

Accommodations for people with disabilities

☐ I will need special accommodations in order to attend this conference. Every effort will be made to provide reasonable accommodations for people with disabilities (e.g., special seating, listening devices, etc.) Send Registration by **May 23, 2005**, and you will be contacted by conference staff. *Describe help needed:*

Respite care

☐ As an unpaid family caregiver, I will need help to provide care for my relative while I attend this conference. (Send Registration **no later than May 23, 2005**, and you will be offered information on resources that may assist you in making arrangements.) *Describe help needed:*

Meal selection (A box lunch will be provided) ☐ I prefer a vegetarian meal.

How did you FIRST hear about this conference?

☐ AARP Connections ☐ Mailed brochure ☐ DSHS/ADSA Web site ☐ Friend/family ☐ Support group

☐ Daily newspaper ☐ Senior newspaper ☐ AARP Web site ☐ Newsletter ☐ My workplace

Have you attended this conference before? ☐ Yes ☐ No

TOTAL ENCLOSED \$ _____ Check #: _____ No refunds after May 23, 2005

Please make checks payable to ElderHealth Northwest

Please mail this registration to: Amy Astle-Raaen No Purchase Orders
ElderHealth Northwest Phone: 360-725-2544
800 Jefferson St. or 800-422-3263
Seattle, WA 98104